

		A	B	C	D	E	F	G	H	I	J	K
	1	ARV Medications	3TC	TDF	RTV	AMP	ENF		Enter total # of meds in column I →	5	X 0.5	2.5
SCHEDULE	2	Doses per day	2	1	2	2	2		Enter the <b>highest</b> number of doses per day in column K →	→	→	2
	3	Dosing Consistency							If $\geq 1$ medications are given 2X/day <b>and</b> $\geq 1$ are given $\geq 3$ X/day, enter '2' in column K →	→	→	
	4	Pills per DOSE	1	1	1	8						
	5	Pills per DAY (row 2 X row 4)	2 +	1 +	2 +	16 +	+		Add columns B – G and enter the <b>total</b> number of pills per <u>day</u> in column I →	21	X 0.25	5.25
ADMINISTRATION	6	Liquid							If <b>any</b> boxes are checked in this row, enter '1' in column K →	→	→	
	7	Injection					✓		If <b>any</b> boxes are checked in this row, enter '2' in column K →	→	→	2
	8	G-tube							If <b>all</b> medications (except injections) are given via g-tube, enter '–1' in column K →	→	→	
INSTRUCTIONS	9	With Food			✓				If <b>any</b> boxes are checked in this row, enter '1' in column K →	→	→	1
	10	Empty Stomach							If <b>any</b> boxes are checked in this row, enter '1.5' in column K →	→	→	
	11	Dietary Content (specify guideline)				✓(A)			Enter the total number of <b>different</b> diet content rules in column I →	1	X 2	2
	12	If 2 <u>different</u> instructions are checked in rows 9 - 11, enter '2' in column K → If 3 <u>different</u> instructions are checked in rows 9 - 11, enter '3' in column K →								→	→	2
PREPARATIONS	13	Refrigeration			✓		✓		If <b>any</b> boxes are checked in this row, enter '1' in column K →	→	→	1
	14	Reconstitution (daily)					✓		Enter the <b>total</b> number of boxes checked in this row in column I →	1	X 2	2
	15	Reconstitution (monthly)							Enter the <b>total</b> number of boxes checked in this row in column I →		X 0.5	
ARC Index	16									ARC INDEX= (add rows 1-15)	19.75	

### Explanation of Scoring

This regimen includes lamivudine (3TC) 150 mg (1 pill twice a day), tenofovir (TDF) 300 mg (1 pill once a day), ritonavir (RTV) 100 mg (1 pill twice a day), amprenavir (AMP) 1000 mg (eight pills twice a day), and enfuvirtide (ENF) 65 mg (one injection twice a day).

Row 1. Abbreviations of the patients' ARV medications are entered in row 1, columns B-F. A '5' representing the number of ARV medications is placed in row 1, column I. This number is multiplied by 0.5 and the product (2.5) is placed in row 1, column K.

Rows 2 – 5. TDF is administered once a day, so a '1' is placed in row 2, column C. 3TC, RTV, AMP, and ENF all are administered twice a day, so a '2' is placed in row 2, columns B, D, E, and F. Since '2' is the highest number of doses per day, a '2' is entered in row 2, column K. One or more medications is given two times a day, but none of the medications are administered three or more times a day, so row 3, column K is left blank.

One pill is administered per dose of 3TC, TDF, and RTV, so a '1' is entered in row 4, columns B – D. Eight pills per dose of AMP are administered so an '8' is placed in row 4, column E. Row 4, column F is left blank since ENF is administered as an injection. For each column (B – E) in row 5, the number in row 2 is multiplied by the number in row 4. The resulting products are entered in row 5 as a '2' in columns B and D, a '1' in column C, and a '16' in column E. The sum of these numbers is entered in row 5, column I. In this case,  $2 + 1 + 2 + 16 = 21$ . Then, the '21' is multiplied by 0.25 as specified in row 5, column J, and the result is entered in row 5, column K ( $21 \times 0.25 = 5.25$ ).

Rows 6 – 8. ENF is administered via injection, so a check is placed in Row 7, column F and a '2' is entered in row 7, column K. No other medication is injected, and no medications are taken in liquid form or through a g-tube, so the corresponding spaces (row 7, columns B-E, row 6, columns B-F, and row 8, columns B-F) are left blank.

Rows 9 – 12. No dietary instructions are associated with 3TC, TDF or ENF, so rows 9 – 11, columns B, C, and F are left blank. RTV should be taken with food, so a check is placed in row 9, column D and a ‘1’ is entered in row 9, column K as specified in column H. Instructions for AMP specify a dietary content restriction (avoid a high-fat diet), so a check and the letter ‘A’ (to indicate which of the three restrictions applies) are placed in row 11, column E and a ‘1’ is entered in row 11, column I. This number is multiplied by 2 as specified in row 11, column J, and the result (‘2’) is placed in row 11, column K.

Two different instructions are checked in rows 9 – 11 (with food and dietary content), so a ‘2’ is entered in row 12, column K.

Rows 13 – 15. RTV should be refrigerated, and if both daily doses of ENF are prepared with the first dose (which is usually the case), the second dose should be kept refrigerated until it is administered later. Thus, checks are placed in row 13, columns D and F, and a ‘1’ is entered in row 13, column K. ENF is reconstituted daily, so a check is placed in row 14, column F and a ‘1’ is entered in row 14, column I. This number is multiplied by 2 as specified in row 14, column J, and the result (‘2’) is entered in row 14, column K.

Row 16. The numbers in rows 1-15, column K are added together and the sum represents the total ARC Index score:  $2.5 + 2 + 5.25 + 2 + 1 + 2 + 2 + 1 + 2 = \mathbf{19.75}$ .